The Home Doctor

The Home Doctor - Practical Medicine for Every Household - is a 304 page doctor written and approved guide on how to manage most health situations when help is not on the way.

If you want to see what happens when things go south, all you have to do is look at Venezuela: no electricity, no running water, no law, no antibiotics, no painkillers, no anesthetics, no insulin or other important things.

But if you want to find out how you can still manage in a situation like this, you must also look to Venezuela and learn the ingenious ways they developed to cope.

About Dr. Maybell Nieves:

Dr. Maybell Nieves - head surgeon of the Unit of Breast Pathology and general surgeon at Caracas University Hospital in Venezuela, with over 10 years of experience in the operating room. She studied at the prestigious European Institute of Oncology in Milan, Italy.

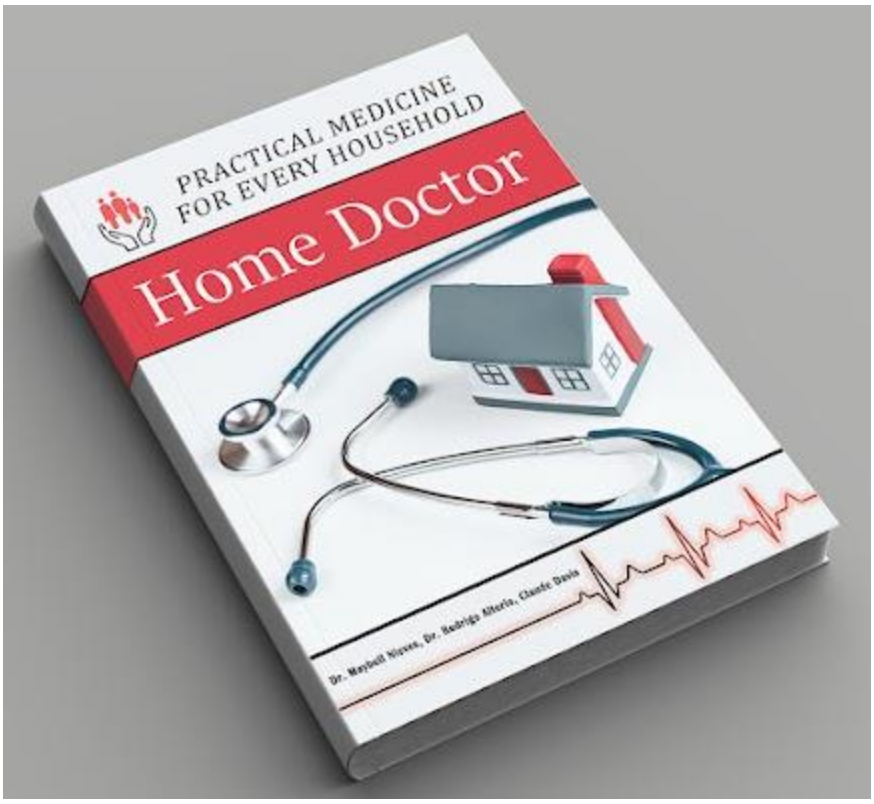
Dr. Maybell is known for developing new, ingenious methods of treating patients after Venezuela's economy collapsed and hospitals and pharmacies ran out of medicines, supplies, electricity and running water.

The methods she developed and pioneered are now studied and applied in conflict zones all over the world.

Many of these protocols and procedures do not require medical assistance as they are specifically designed to be self-applied. That makes them extremely valuable if the medical system cannot be depended on, like during long term blackouts.

You can find some of these methods below! As you read them, you can easily understand why they are so useful and why every household and family should have them close by. She co-authored the book with Dr Rodrigo Alterio and Claude Davis.

Here's just a small glimpse of what you'll find in
The Home Doctor: *Practical Medicine for Every Household:*



This book is a unique guide for the layman that you can use when help is not on the way or to manage common ailments that don't require seeing a doctor.

Let me show you just some of the things you'll find inside the *Home Doctor*:

10 Medical Supplies You Need to Have in Your House

These supplies are not expensive and should still be available, but they tend to run out fast.

In case you haven't realized it yet, most of the medical supplies and pills we take for granted come from China and India. This supply chain is vulnerable and can be interrupted by something like an EMP.

One of the 10 supplies you should have in advance is a painkiller called Naproxen, which is over the counter and more powerful than others like ibuprofen for example.

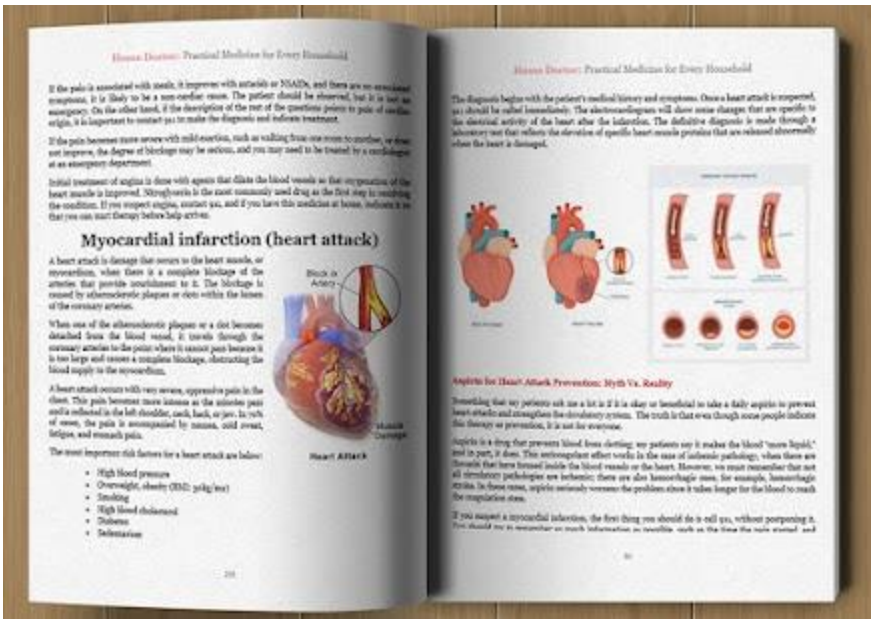
The Biggest Mistakes You Can Make
in a Blackout

In Venezuela, electricity has turned into a rare and unpredictable commodity. They don't have it all the time, and blackouts have become a normal part of daily life.

Inside ***the Home Doctor***, you'll also learn about the biggest medical mistakes you can make in a blackout and what to do with important medications that require refrigeration, like insulin or Humira.

How to Recognize a Heart Attack

and What to Do Next



Look at its four distinctive symptoms: first, chest discomfort that feels like uncomfortable pressure, squeezing, fullness, and pain in the middle of your chest that lasts for more than a few minutes.

The second symptom is discomfort or pain in one or both arms and your back, neck, jaw, or stomach.

The third symptom is shortness of breath.

The last thing you need to watch out for is breaking out in a cold sweat, nausea, and lightheadedness.

These don’t all come at once, but if you see even one or two, it’s time to call 911.

Another step you can take to improve your chances before the ambulance arrives is to chew on an aspirin and pour a vial of nitroglycerin under your tongue. But you need to have these two items at home beforehand.

What Happens When You Take Expired Medications

No country in the world has had to use more expired medication than Venezuela.

Dr. Maybell and other doctors were able to see what happens firsthand, and it's almost guaranteed to surprise you: most medications you have in your medicine cabinet are good for years after their expiration dates; which medication is safe to take after its expiration date and which ones are not.

So, pay close attention to this chapter before you throw away your so called "expired" medication.

The Only 4 Antibiotics People Should Stockpile

Modern antibiotics are lifesavers. Without them, a simple cold can quickly turn into a deadly pneumonia, an infection in a small cut can become life threatening.

I've selected to stockpile a 4 different antibiotics for just this reason and I want to show you how you can do the same... legally, without a prescription.

They contain distinctive substances that act very differently, so while it could happen that you stumble upon a bacteria that is resistant to one of them, the chance it can withstand all four is very slim.

Antibiotics will become priceless in times of need once they become scarce. Having these 4 at home for you and your family is at least as important as having food stockpiles. But under no circumstance should you take them without consulting a doctor first.

The Best Natural Painkiller That Grows in Your Own Backyard

Another thing you'll discover is the best natural painkiller that probably grows in your own backyard.

This is the painkilling plant that many in Venezuela turned to after they couldn't find relief at the pharmacy anymore…and it grows all over North America as well.

An Ingenious Way to Stockpile Prescription Medicines, Including Insulin

I'll also show you how to deal with shortages of medicines such as insulin, which some people need to take every day.

A friend of mine from Texas found a workaround and is able to get all the insulin he needs daily and even extra to stockpile.

His ingenious method is completely legal and safe. You could start using it immediately not only for insulin but also for some other medicines that are notoriously hard to stockpile.

How to Quickly Recognize a Stroke and

The First Thing YOU MUST DO IMMEDIATELY Afterward

When dealing with a stroke, time is of the essence, and every second counts. If you act quickly, most of the time your body can recover completely.

Alternatively, many people end up partially paralyzed or worse. Inside the Home Doctor, I'll show you the fastest way you can recognize it and the one thing you must do immediately to improve your chances.

What Happens if You Take the Wrong Probiotics

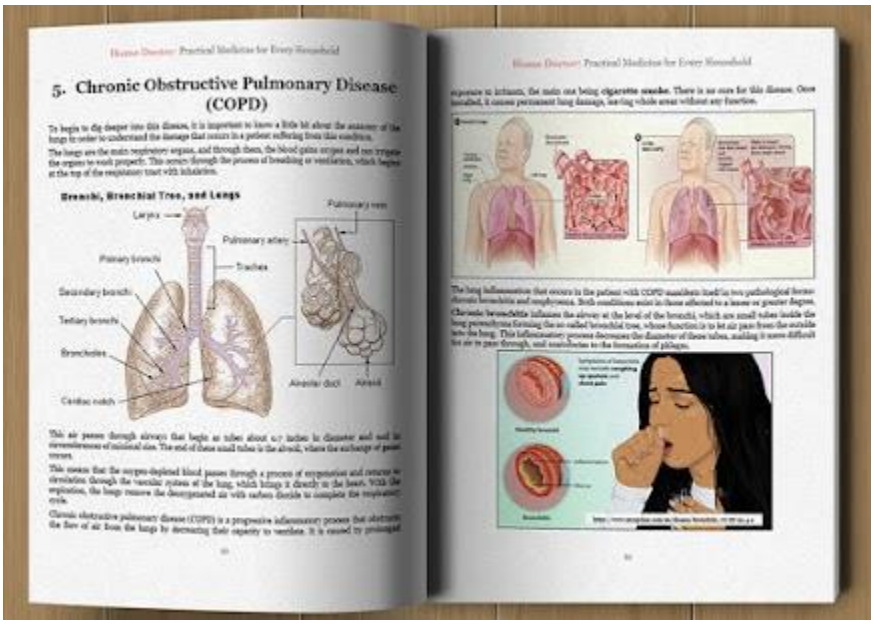
I'll also show you the only probiotics you really need to keep in your medicine cabinet.

Probiotics are microorganisms that live inside your gut and influence your metabolism and overall health.

They can even trigger allergies. Their effects are so widespread that you don't want to have the wrong probiotics and risk messing up your gut flora. I personally know people who gained a lot of weight taking bad probiotics.

A good probiotic, on the other hand, can make all the difference: It can improve your digestion, help you get rid of gas, absorb the maximum amount of good nutrients from the food you eat, and take care of both diarrhea and constipation.

A Simple "At-Home" Method for the Flu and Other Respiratory Issues



During the flu season, a lot of people end up in the hospital with a high fever, coughing their lungs out.

So one of the things I want to give you is a simple protocol to deal with it at home if going to a hospital is off the table.

A Step-by-Step Approach to Deal With Almost Every Skin Injury and Condition

In Chapter 3, Skin and Skin Appendages, you'll find out all you need to know to manage conditions of the skin, such as corns, warts, athlete's foot, burns and scalds, dermatitis, fungal infections of the nails, insect bites and stings, abscesses, ulcers or open wounds…

You'll also discover why you should put egg whites on second-degree burns, what over-the-counter medicines and creams to stockpile, and the exact process of cleaning, stitching, and treating an open wound at home.

The Unnoticed Symptom

That May Point to an Internal Inflammation

You'll also learn about the little-known body signs that tells you if you have hidden inflammation inside your body at this very moment.

The 1-Minute Stretch

That Relieves Most Back and Neck Pains

You'll find out how I deal with my back problems. Until I found this one-minute stretch routine, I often woke up like a hunchback and could barely walk to the bathroom. And it usually took me several hours to become functional again.

If this sounds at all familiar to you, you should learn this simple move.

A Natural DIY Antibiotic Salve Recipe to Keep Around

An antibiotic ointment is nice to have around when you need it.

The recipe found inside the Home Doctor aids in keeping a wound from becoming infected and help reduce scarring.

How to Perform a Complete Breast Exam at Home

A woman should know how to determine if there is anything wrong with your breasts. The earlier you catch wind of something, the better your recovery becomes.

That's why I'll show you a simple set of diagrams and instructions that you can follow to put your mind at ease. Dr. Maybell perfected this method while working for two years at the prestigious European Institute of Oncology in Milan, Italy.

How to Use Leeches Medicinally

Just Like Folks 100 Years Ago

Have you ever heard of leeches used as medicine? They are an extremely effective and easy-to-use remedy for preventing a wound from festering and speeding up healing, as long as you're not squeamish that is. Another thing they're good for is high blood pressure. Because they decrease the amount of blood flowing, they also lower the stress on your arteries.

An Ingenious Eggshell Remedy and 25 Others Made from Things People Usually Throw Away

I'm also going to show you 25 remedies made from things you usually throw away. One man's trash is another man's treasure as they say. For example, you can turn the eggshells you throw

away into calcium pills that will be greatly appreciated in times of need or when food becomes scarce.

How to Take Care of Toothaches and Mouth Infections When You Can't Visit a Dentist

Ever had a really bad toothache that just wouldn't go away?

A dental infection can quickly become a nuisance, so you want to know how to take care of it the right way.

The Best Way to Tell if

an Arrhythmia Is Benign or Dangerous

Some changes in heart rate and rhythm are normal during sleep, physical activity, and moments of stress.

But other times, an irregular heart rhythm, or arrhythmia, may be a serious problem, which, left untreated, can lead to cardiac arrest and stroke.

The way you decide if it's time to call 911 is by looking at the symptoms of dangerous arrhythmia, which never appear for milder versions. These are shortness of breath, dizziness, lightheartedness, near fainting or fainting, and mild chest pain. If you feel your heart beating too fast or too slow and also experience at least a one of these symptoms, call an ambulance immediately.

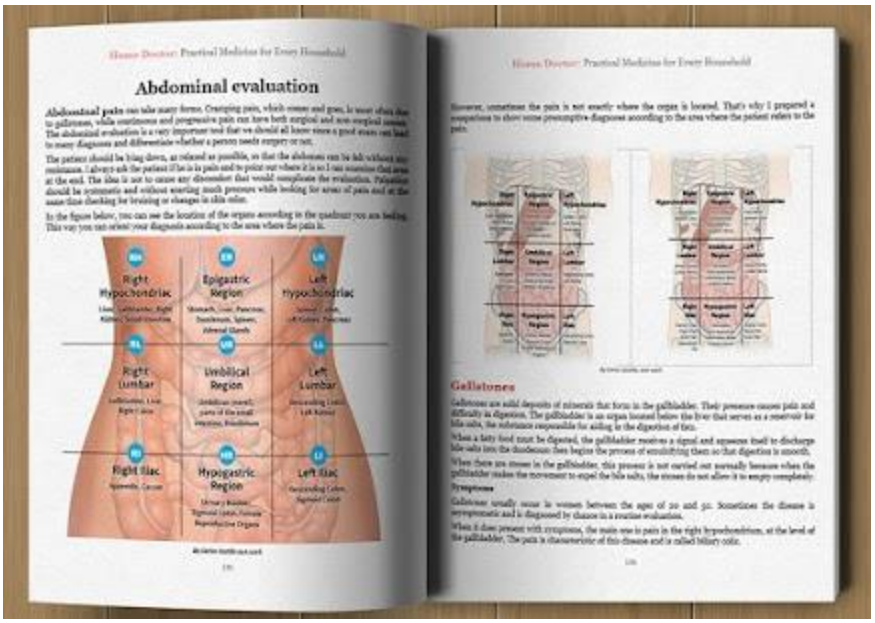
How to Remove an Ingrown Nail

You'll also discover how to remove an ingrown nail. In a situation where medical help is hard to come by, an ingrown nail can cause a serious infection if you don't remove it.

Why You Should Always Keep a Stick of Gum Close by if Your Ears Start to Hurt

It's simple really: when you chew the right kind of gum, you not only decrease pressure inside the ear by continuous jaw movements but also ward off ear infections. That's because of a sweetener called Xylitol.

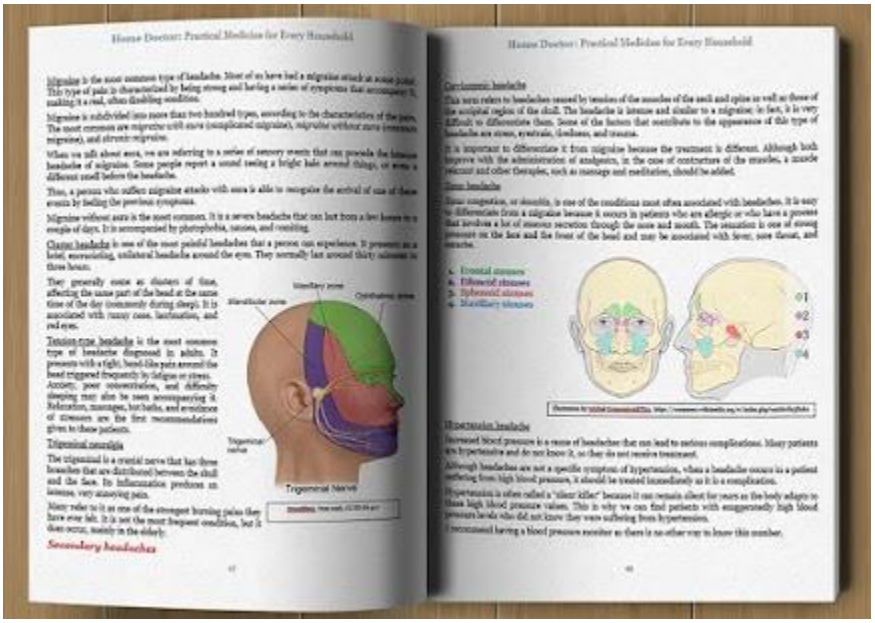
How to Know What's Wrong if You've Got Abdominal Pain



I'll also show you what to do if you're experiencing pain in your abdomen. It's called an abdominal evaluation, and you've probably undergone it before when going to a doctor for a check-up.

Inside the Home Doctor, you'll have a complete diagram with nine sections of the abdomen that, upon palpation, should reveal where the problem is.

Are Your Migraines Hiding Something More Serious?



You'll discover which two types of migraines are most common and the simple but essential things you need to do to identify which one you have and how to get rid of it.

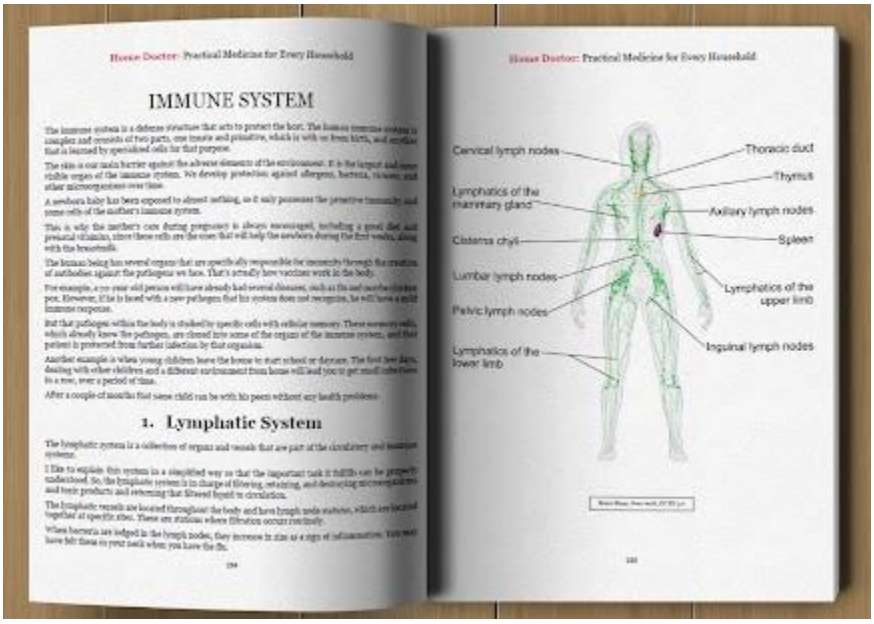
Especially if it’s a recurrent one, like once a month, you need to read this chapter. This could also be a sign of something you shouldn't ignore.

How to Deal with Injuries Caused During Social Unrest

You'll also learn how to deal with typical wounds caused by violent protesters and rioters.

As a surgeon in Venezuela, Maybell dealt with probably more wounds like these than many doctors in other parts of the world during their whole career. We are no strangers to such events, either, so I say it's best to be prepared.

What Doctors Do to Keep Their Immunity High



You’ll also discover how to keep your immune system healthy.

You'll learn the things that doctors do to keep their immunity high after they come in close contact with sick people, things that you can also do at home to protect your family.

How to Use Salt and Oil for Tooth and Gum Decay

You'll also discover the old mustard oil and salt remedy that people use to restore gums and remove plaque.

Salt acts as a mild abrasive that helps remove stains and brighten teeth. It also contains a natural source of fluoride, which is a bonus for your teeth.

On the other hand, mustard oil helps strengthen your gums and makes it easier to remove the plaque naturally.

The 10 Most Sought-After Bartering Items in Venezuela

I'll also show you **ten non-medical items you must stockpile** now. A few months after Venezuela's economy collapsed, these ten items became VERY precious and they could be traded for almost anything you needed—including medicine.

A Before-Bed Recipe to Sleep Like a Baby Again

You'll also find out about some of the ingredients that you probably have in your kitchen right now, which, when mixed the right way, can help you fall asleep.

If you are taking sleeping pills from time to time, even melatonin, you should try to **replace them with this recipe instead** as it's natural and completely safe.

40 Interesting Home Reliefs from Our Grandparents That Could Help You

You'll also rediscover 40 home remedies our grandparents taught us that doctors still use or prescribe. These have once again become very important for people who like try a more natural approach. For example, you can tackle some headaches using a potato, deal with bug bites using toothpaste, lower fever with vinegar, detox over night sleeping with half an onion in socks, make cough syrup from black radish, and many others.

The Antibiotic Plant That Saved Venezuela

Did you know there is a sort of natural "doxycycline" to be found as close as your own backyard?

The plant is called Usnea, and it's popularly known as Old Man's Beard. This wild plant grows all over North-America and once you gather some, I'll show you how to turn it into an antibiotic tincture to greatly increase its potency and shelf-life.

Cabbage Wraps for Inflammation

Cabbage leaves are a great anti-inflammatory and contain compounds that can also draw out poison or pus from a wound and speed up the healing. This isn't even a folk remedy. Dr. Maybell was taught this in medical school and confirmed it in her practice later on in life.

Why You Should Always Keep Some Listerine

in Your Medicine Cabinet

I'll also show you why keeping a small stockpile of Listerine in your medicine cabinet can be a very good idea.

Listerine was invented in 1879 and was originally formulated as a surgical antiseptic. It was named after the brilliant British surgeon, Joseph Lister, who is still widely considered to be the father of antisepsis, the science of preventing infections.

In the hospitals of Venezuela, they used a lot of Listerine for different types of bacterial and fungal infections, wounds, gangrene, and diabetic foot.

And even all of that is just the tip of the iceberg of what you'll find inside the **Home Doctor.** This book is **absolutely massive with over 300 pages** filled with **practical tips, precise diagrams, and step-by-step instructions** that may allow you to stay healthy and help others in need.

With the Home Doctor, you can become a "home doc" yourself. Home docs are self-reliant people who take care of themselves and their families when the situation demands it. That's what I wanted to achieve with this book—to empower normal people, to take care of themselves, their loved ones, and even their communities when doctors and hospitals are not available anymore.

If you decide to place a copy of the Home Doctor: Practical Medicine for Every Household on your bookshelf today, there are **two additional gifts** in store for you—all still free of charge for now.

Two Additional Gifts - Today for Free

The first one is called…

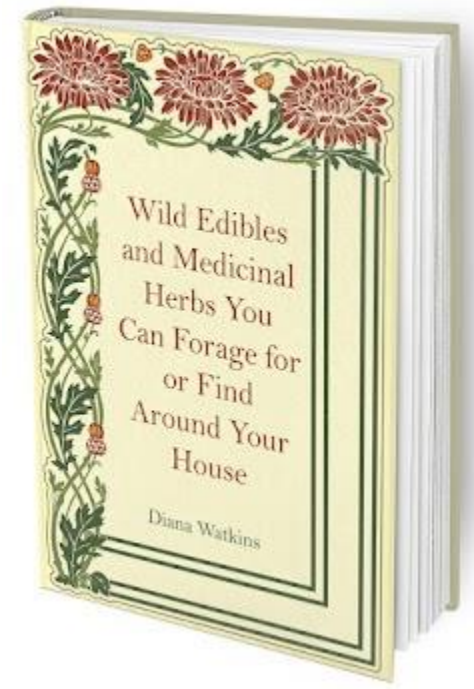
Wild Edibles You Can Forage for

or Find Around Your House

These are the lifesaving herbs that people in Venezuela ate when they couldn't afford to buy food from the market anymore.

These plants grow all over North America, and I bet some are also growing around your house.

With this bonus, you'll be able to identify wild edibles and take advantage of your backyard supermarket.



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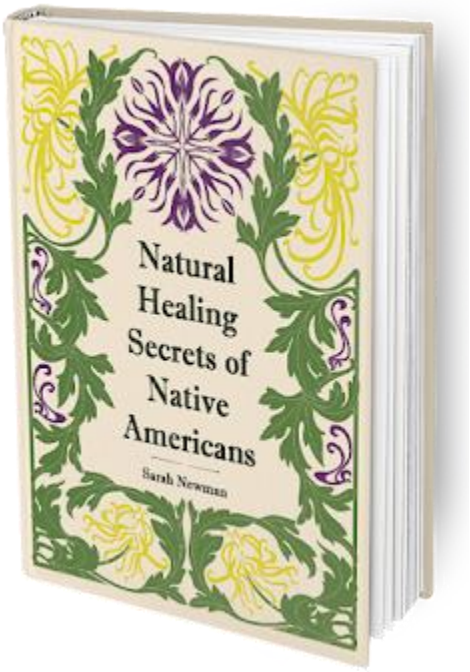
You'll also receive a second gift called…

Natural Healing Secrets of Native Americans

In it you'll rediscover the powerful natural medicines that natives relied on well before the dawn of modern medicine.

One day these plants will be worth their weight in gold. With this, you'll never be short on medicine no matter what happens and will always have a way left to help yourself or a loved one in need.

The plants they used are still abundant in America, and all you need to know is how to properly identify them and turn them into the remedies that the natives used for hundreds of years.



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